



July 26, 2018



Commander's Corner

NSAB Family,

It saddens me to abruptly announce that this edition of The Journal is the final issue.

Today, at the request of our publisher, we're signing off on the final issue of NSA Bethesda's newspaper. Since 2016, when it became apparent that our publisher was unsure of the paper's viability, we've continually pushed for The Journal to remain in production. Unfortunately, despite that push and much effort to keep The Journal going, our publisher has succumbed to the reality that continuing publication is no longer economically feasible.

This paper, in various forms, has served our installation here in Bethesda since 1989. In that time, the paper has published at least 6,000 articles and an unknown number of photographs covering the people who have worked hard to take care of our service members and the families who support them.

As social media has grown and online content has gained popularity, it has become more difficult for smaller, localized newspapers to compete. The "dead tree format" has had a tough time competing with mobile devices and electronic screens; the consequence has been the decline of newspapers across military installations throughout the Department of Defense.

You may wonder what's next and have the same questions I did when this decision was rendered.

First, will there be an electronic version of The Journal?

Unfortunately, no. This issue marks the last of The Journal. There will be no electronic version that continues without the printed version.

Second, is this temporary until another newspaper contract is established?

No. Commander, Naval Installations Command, Naval District Washington manages the regional newspaper contract that includes this paper. They will not be soliciting for another publisher to step in and continue the papers that are being discontinued in the NDW region.

Finally, what will replace the paper?

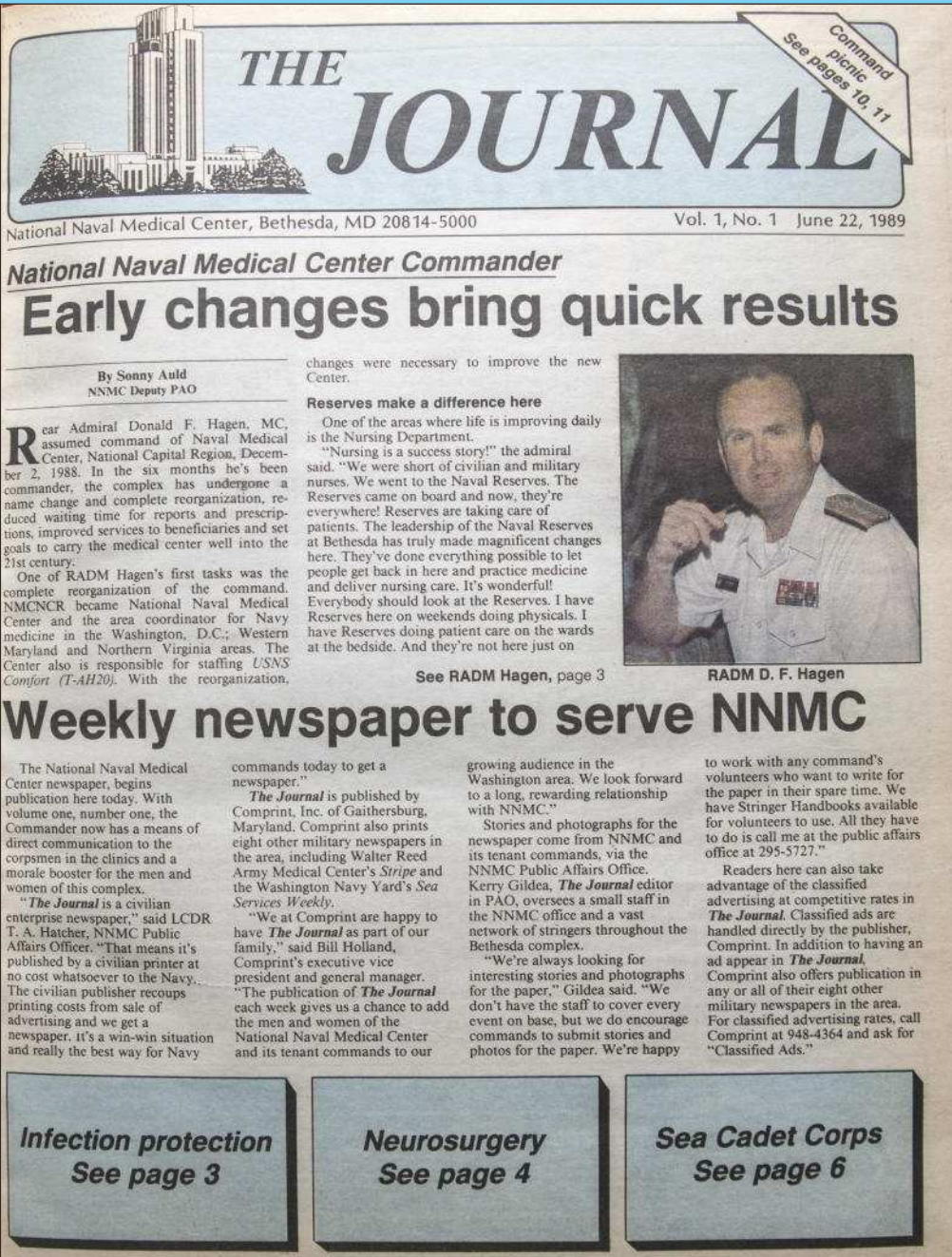
We're working on a plan now. We've known this was a possibility for some time and my public affairs team has been strategizing and focusing on other outlets for communicating the great things you all are doing, including Facebook, Instagram and Department of Defense websites.

This doesn't mark the end of telling your incredible stories. Keep reaching out to us with your good news. With or without a newspaper, the mission continues, and the great work taking place here at NSA Bethesda doesn't stop. We WILL find a way to make sure that your people, your work and your awesome successes are continuing to be recognized – just as we always have with The Journal.

You can count on that.

Thank you for your years of patronage and support.

Signing off – Capt. Jones and the team at NSA Bethesda's The Journal.



The Journal cover features a headline: "Early changes bring quick results" by Sonny Auld, NNMC Deputy PAO. It includes a photo of RADM D. F. Hagen and a sidebar titled "Weekly newspaper to serve NNMC" discussing the newspaper's history and future. At the bottom, there are three boxes for "Infection protection See page 3", "Neurosurgery See page 4", and "Sea Cadet Corps See page 6".

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones		NSA Bethesda	
Public Affairs Officer: Jeremy Brooks		Fleet And Family Support Center	301-319-4087
Public Affairs Office: 301-295-1803		NSAB Emergency Info	301-295-6246
		NSAB Chaplain's Office	301-319-4443
			301-319-4706
Journal Staff			
Managing Editor	MC3 Julio Martinez Martinez	Installation SARC	
WRNMMC Editor	Bernard Little		
Writers	MC2 Kevin Cunningham	Keri Wanner	301-400-2411
	Andrew Damstedt	Troop Command SHARP	301-319-3844
	Joseph Nieves	SARC 24/7	301-442-2053
Photographers	Harvey Duze	SAPR VA 24/7 Helpline	301-442-8225

Medical Leader Encourages Providers to Meet Challenges

By Bernard S. Little
WRNMMC Command Communications

“You are making a powerful difference in people’s lives, one patient at a time, by applying your compassion, diligence [and] craft,” the former assistant secretary of defense for health affairs recently told staff at Walter Reed National Military Medical Center.

“There’s no other sort of job like the one you have, and remember, you’re twice the professional – you’re physicians, surgeons and providers, but you’re also military officers, and that’s very, very special,” added Dr. Jonathan Woodson.

A vascular surgeon, Woodson served as guest speaker at the Surgery Grand Rounds, Francis D. Moore Sr. Distinguished Surgical Lecture, held July 11 at WRNMMC.

Woodson led the Military Health System from 2010 to 2016, directing it through a number of initiatives designed to modernize the agency with an annual budget of more than \$50 billion and overseeing the care of the nation’s heroes, their families and other MHS beneficiaries.

Following his MHS tenure, Woodson returned to Boston University School of Medicine, where he had been named one of the top vascular surgeons in Boston in 2007 and in 2008, listed as one of the top surgeons in the United States. He currently leads Boston University’s Institute for Health System Innovation and Policy. The surgeon also holds the

rank of brigadier general in the Army Reserve.

Woodson explained that the namesake for the lecture at which he spoke at WRNMMC, Dr. Francis Moore, had a career “defined by innovation and leadership.” Moore pioneered numerous experimental surgical treatments, including burn-trauma techniques, development of nuclear medicine, organ transplantation and hormonal therapy for breast cancer, Woodson added. Moore died in 2001.

“The other thing [Moore] did very well was build teams of scientists who could attack problems,” Woodson continued in discussing his topic, preparing surgeons for the future. “[Moore] built environments that could promote excellence and innovation,” said Woodson. This is what Woodson said he wants today’s surgeons and others in health care to do as well.

“It’s about building environments in which people can achieve their potential. [Moore] understood surgeons have a responsibility for exercising leadership and innovation not only in the science of care, but in the larger health care delivery system reforms,” Woodson furthered.

Woodson encouraged the WRNMMC providers to think about how they can use “the challenges of our times in health care and military medicine to make a difference in the care of not only surgical patients, but all patients, through leadership and innovation throughout their careers.”



DEPARTMENT OF DEFENSE PHOTO

Dr. Jonathan Woodson

A number of forces are “reshaping and disrupting traditional models of health care and stressing the system,” including the rise in health-care cost, Woodson said. He added digital technologies are also transforming health care.

“If the Military Health System adopted an enterprise management system, you’d control all of the variables,” Woodson continued speaking to those within the MHS. “You could much more easily than many of the civilian systems, create a highly effective and efficient system lowering cost and outpacing the civilian sector in terms of outcomes, and be the model for the United States, if not the rest of the world, in how to deliver care. [This] does require an enterprise focus.

“When you have a budget control act, [health care cost] competes with equipment, training and modernizing

the rest of the force,” Woodson continued. “That’s really the tension – you can’t do the other jobs if in fact health care cost is 10, 12, or 14 percent of the [Department of Defense] budget,” he added.

Woodson said that this is not a “unique issue, [because] on a world scale, every society is grappling with the iron triangle of creating access, improving quality and outcome and creating sustainable systems. It’s the challenge of our times.”

He added some countries are exploring ways to leverage digital technologies to deliver more comprehensive care, particularly in remote areas where practitioners are limited.

The ultimate goal is to have a system that’s safe and does no harm, is effective and that every patient treated gets evidence-based care as soon as possible, Woodson explained. “We want to be efficient in terms of human and fiscal resources. We want a patient-centered care that is personalized,” he continued. “We want a system that’s equitable and everyone who needs care can get it. We want a system that’s high performing, which means that as new information is generated it actually is incorporated into care as soon as possible. We need to create a more connected system.

“Health care is complicated,” Woodson added. He said, “It’s a Gordian knot of historical, economic, legal regulations, politics, cultural, technological and

See **WOODSON**

Page 11

WRNMMC, Base Hold Code White Exercise

By DoD photo by MC2 Kevin Cunningham
WRNMMC Command Communications

Walter Reed National Military Medical Center and Naval Support Activity Bethesda participated in a Code White active shooter exercise July 19 on NSAB. Christopher Gillette, command emergency manager, explained WRNMMC consistently holds exercises to ensure staff is prepared to respond to emergencies. “Every exercise always provides opportunities for improvement, [and] we look forward to receiving valuable feedback from multiple subject matter experts who evaluate the exercises. Our goal is to maintain continuous readiness. This exercise, in addition to the multiple all-hazards training activities we conduct throughout the year, help to ensure we maintain the highest state of readiness while maximizing the safety and security of our staff, patients and visitors,” he said.





PHOTO BY ANDREW GOBLE

Josephine Pucci (second from left), an Olympic silver medal-winning hockey player poses with the members of the leadership team of the Headway Foundation for concussion research, an organization she co-founded. Pucci will begin studies at the Uniformed Services University of the Health Sciences' F. Edward Hebert School of Medicine in August.

Olympian Trades in Silver Medal for Gold Bars

By Sharon Holland
USU External Affairs

Josephine Pucci, a member of the 2014 silver medal-winning U.S. Women's Olympic Hockey team will once again be representing her country – this time wearing the gold.

Pucci, a New York native and co-founder of The Headway Foundation, will don the gold bars and uniform of an Army 2nd Lieutenant as a first-year military medical student at the F. Edward Hebert School of Medicine of the Uniformed Services University of the Health Sciences starting in August 2018.

"As a member of the 2014 Olympic team, I fully dedicated myself to the team, even if I did not always have the exact role I may have envisioned or expected," she said. "Owning any role my coaching staff asked of me required a level of selflessness and commitment to the mission that went well beyond personal ego. I learned to step up and lead when needed; I learned to follow when needed. Once again, I want to be part of something that is bigger than myself."

Pucci's desire to be involved in something greater led her to co-found The Headway Foundation, a non-profit, patient-driven initiative that works



PHOTO BY BRIAN JENKINS

Incoming medical student Josephine Pucci (right) faces off against Canada's Tessa Bonhomme. Pucci, an Olympic silver medal-winning hockey player and co-founder of the Headway Foundation for concussion research, will begin studies at the Uniformed Services University of the Health Sciences' F. Edward Hebert School of Medicine in August.

to ensure concussions are handled properly, beginning with prevention and symptom reporting, and continuing with treatment, support and recovery. In 2012, as a member of the U.S. Women's National Ice Hockey team, she suffered a serious concussion during an exhibition game against Canada that threatened to derail her Olympic dreams. She sought medical care in Atlanta, where another dream was born

as she went through her recovery.

"I was seeing patients make progress and seeing the joy in their face of making those small steps forward, and it was just so inspiring to me," Pucci says. "And then feeling that hope of making progress as a patient myself, it really just inspired me to want to apply to medical school and be a doctor as well."

Her path to medical school has

been paved with thousands of hours of volunteer work dedicated to brain injury awareness and research. In addition to her role as executive chair of the Headway Foundation, Pucci has been actively associated with a number of organizations, including the American Association of Neurological Surgeons, the Brain Injury Association of New York State Concussion Initiative Advisory Board, and the National Women's Hockey League among many others. She also worked as a clinical research coordinator in the Neurosurgery department at New York Presbyterian-Columbia University Medical Center.

"During my recovery, I saw my doctor help a woman walk for the first time in over a decade. I saw him help a young child with part of her brain surgically removed regain her lively affect and personality. Now, I am hoping to earn the opportunity to be able to touch people's lives in that way," Pucci said.

"I want to be challenged every day, physically and mentally. I learned to balance the competition in sport with academics, and I see balancing a career in the military with a career in medicine as very appealing. The men and women who serve in our military deserve the best medical care."

"That would mean so much more to me than any gold medal."

Nurses Honor June's DAISY Award Winner

Nurses Recognize June's DAISY Award Winner Renata Clark, a certified nursing assistant aide on 3 Center earned the DAISY Award for Extraordinary Nurses for June at Walter Reed National Military Medical Center. Each month, the WRNMMC nursing team recognizes one of their own with the DAISY Award for Extraordinary Nurses for demonstrating "excellence in the delivery of patient care, extraordinary compassion, courage, integrity, and promotion of their professional nursing practice," according to the WRNMMC DAISY award selection committee. Three family members of a patient nominated Clark for the June DAISY award at WRNMMC. "This nurse not only cares for my dad but also makes sure we, the family, are OK and have everything we need during our visits," the family members stated. "Thank you' can't begin to express our gratitude. Caring for others is hard, but this nurse definitely does it with grace and professionalism," they added. Anyone can nominate a member



DEPARTMENT OF DEFENSE PHOTO BY BERNARD S. LITTLE

of the WRNMMC nursing team for the DAISY award. Nominations for the DAISY award can be submitted to any nurse or clerk in WRNMMC directorate of nursing services, or e-mailed to joan.loepkerduncan.civ@mail.mil. Nominations can be mailed to Joan Loepker-Duncan, WRNMMC, 8930 Brown Drive, Bldg. 9, Room 2894, Bethesda, Maryland 20889. For additional information about the DAISY award at WRB, contact Loepker-Duncan at 301-319-4617.

YOU'RE INVITED TO

NATIONAL NIGHT OUT

POLICE • COMMUNITY PARTNERSHIPS

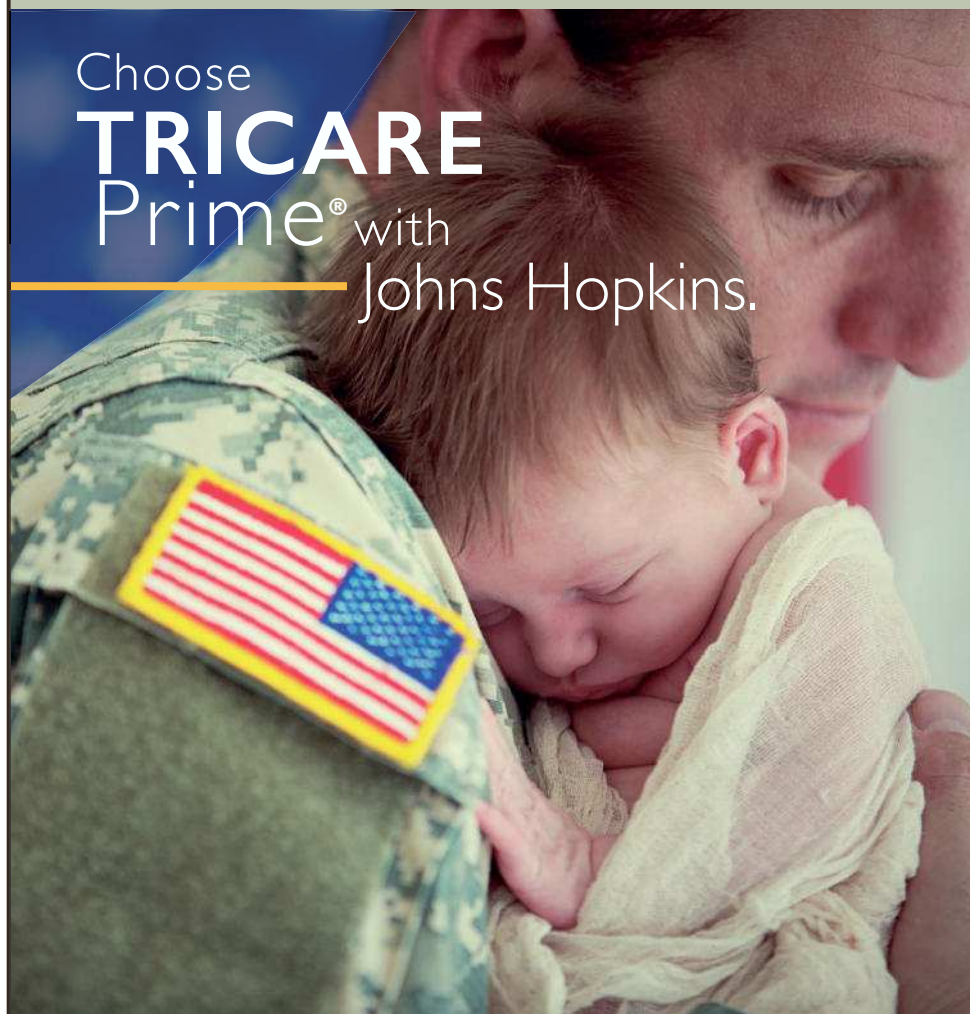
Join over 38 million neighbors across 16+ thousand communities around the nation for National Night Out, an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live.

TUESDAY AUGUST 7TH 2018
@ Outside the USO 1100-1400

Sponsored By Naval Support Activity Bethesda
 Crime Prevention (301) 319-4668

MILITARY RETIREES* & ACTIVE-DUTY FAMILIES

Choose
TRICARE
 Prime® with
 Johns Hopkins.



Get all of your **TRICARE Prime** benefits and more from one of the most trusted names in medicine. If you're eligible for **TRICARE Prime**, you're eligible for the **Johns Hopkins US Family Health Plan**.

Request an information packet or reserve a seat at an information briefing in your area:

888-705-0755

JohnsHopkinsMilitary.org

JOHNS HOPKINS MEDICINE
 US FAMILY HEALTH PLAN

TRICARE®

*Military retirees under age 65 with TRICARE eligibility can enroll in the Plan.

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

Notice of Nondiscrimination: Johns Hopkins US Family Health Plan (USFHP) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **Foreign Language Assistance.** Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-808-7347 (TTY: 1-800-201-7165). Chinese: 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-800-808-7347 (TTY: 1-800-201-7165).

There’s a New Sergeant in Town!

By Leigh Culbert
WRNMMC Command Communications

Excitedly wagging his tail, posing for pictures and showing off a few tricks, 4-year-old Sgt. Truman Naranjo worked a crowd of several dozen Walter Reed Bethesda dignitaries, staff, volunteers, patients and fellow furry friends during a July 11, 2018 promotion ceremony in his honor.

The chocolate English Labrador Retriever was promoted from an Army specialist to sergeant by the U.S. Army for demonstrating his exemplary ability to service at greater levels of authority as a trained Military Hospital Facility Dog.

Ideally held in the Military Advanced Training Center (MATC) at Walter Reed Army Medical Center, where patients receive occupational and physical therapy, occasionally with support from therapy canines, Truman’s promotion ceremony proved to leave a paw print on the hearts of those present.

“Regardless of how busy we get delivering complex care, we take time to celebrate major milestones surrounded by our family,” said WRNMMC’s Assistant Chief of Staff, Army Lt. Col. Jason Silvernail. “Our facility dogs go through a very rigorous training program that involves partnerships with handlers (many whom are active duty service members – Army, Navy, Air Force and Marine Corps). The level of oversight and expertise devoted to our program is a world-class standard.”

Sgt. Truman is part of a six-member team of facility dogs currently on duty at WRB. Collectively, they average 2,500 contacts and more than 200 working hours per month. Their motto is to “change lives by working together to keep the patients and staff at the center of everything” they do. It is a testament to the daily impact they are making both professionally and personally.

“It’s hard to put this program into words . . . in any amount of words,” said WRB Facility Dog Handler,



DEPARTMENT OF DEFENSE PHOTOS BY LEIGH CULBERT

Hospital Corpsman 2nd Class Steven Hutchins. “Seeing the way patients appreciate what we’re able to do and how the dogs are able to affect them so deeply in some of the most vulnerable states they’ve ever been in, is touching. It makes you warm and fuzzy inside.”

Also caring for an 8-month-old Pomeranian Huskey mix, Hutchins added the lessons dogs like Sgt. Truman are teaching him.

“He’s a ‘pomskey’ and he’s crazy,” laughed Hutchins. “He has nowhere near the manners that these guys do but it makes me appreciate them a little more seeing how well behaved they are. I can definitely say this program



Sgt. Truman, a chocolate English Labrador Retriever, receives his new rank during a recent promotion ceremony at Walter Reed National Military Medical Center.

has made me grow as a dog owner. I’ve learned a lot and I continue to learn every day, appreciating the emotional side of everything that goes on here at the hospital.”

And, leadership could not agree more . . .

“The great thing about promotions is people think of them as rewards – usually because it means more money – but I don’t think we’re paying our facility dogs in anything but treats and I don’t think they’re going up now that we’ve made Truman a SGT,” joked Silvernail. “I’m privileged to be able to serve and witness this kind of dedication to patients and staff. It makes me proud.”

The ceremony concluded with refreshments including cake (for human guests), doggy ice cream and of course – treats! Hats off to you, Sgt. Truman. HOOAH!

Editor’s note: Stay up to date with Sgt. Truman’s career via Walter Reed National Military Medical Center’s (WRNMMC) social media channels (Facebook, Twitter, Instagram and YouTube). If you are interested in requesting WRB Facility Dog support, contact Patty Barry (301-295-7895, patricia.b.barry.civ@mail.mil) or Amy O’Connor (301-319-4447, amy.r.oconnor.civ@mail.mil).

Providing Travel & Friendship for over 53 Years

Day Trips	
A DAY IN VA WINE COUNTRY, Nov 14	\$162pp
Enjoy a day in the 5th largest wine - producing state, includes a 3 course sit down luncheon in one of Loudon century's premier restaurants, Magnolia at the Mill.	
GROUNDS FOR SCULPTURE, Sept 26	\$80
Located in NJ the gardens display works by established and emerging American artists and sculptors in a variety of styles and media.	
Regional Overnight Trips	
CAPE COD, MA FOR POPS BY THE SEA, Aug 10 - 13	\$969pp
Includes Motorcoach from Vienna, McLean Metro & Rockville, 3 nights hotel with breakfast, 2 dinners & 1 Lobster dinner, Sightseeing and Boston Pops concert. <i>(Price based on double occupancy)</i>	
BUCKS COUNTY, PA, Oct 10 - 12	\$539pp
Tour includes Motorcoach, Mercer Museum, Fonthill Castle, Michener Museum, Pennsbury Manor, live show, 3 meals & 2 nights hotel. <i>(Price based on double occupancy)</i>	
Longer Excursions	
DOURO VALLEY RIVER CRUISE, Oct 29 - Nov 6	\$3395pp
Includes Air from Dulles, 7 nights All Inclusive 4 star luxury cruising onboard a Croisi Europe ship. <i>(Price based on double occupancy on main deck)</i>	
WINTER IN YOSEMITE, Jan 18 - 23	\$1998pp
Featuring San Francisco & Mariposa Grove. Price includes transfers, 10 meals, bay cruise, Yosemite Nat. Park, narrated Valley Floor tour to see El Capitan, & much more. <i>(Price based on double occupancy)</i>	

www.ShillelaghTravelClub.com | 703.242.2204 • 800.556.8646

All Trips are Group Trips. Visit our website for complete details on these and other trips or contact us for full information packet.

WOLF TRAP SUMMER 2018

SHOWS ON SALE NOW!



BERNSTEIN AT 100
A CELEBRATION
NATIONAL SYMPHONY ORCHESTRA
FEATURING MISTY COPELAND,
TONY YAZBECK, GEORGE TAKEI,
AND MANY MORE
JUL 27



THE BEST OF WAGNER'S RING
NATIONAL SYMPHONY ORCHESTRA
CHRISTINE GOERKE, SIMON O'NEILL,
ALAN HELD, ERIC OWENS
JUL 28



YANNI
LIVE AT THE ACROPOLIS
25TH ANNIVERSARY TOUR
JUL 29



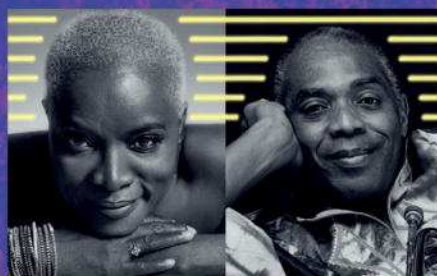
VERDI'S RIGOLETTO
WOLF TRAP OPERA
NATIONAL SYMPHONY ORCHESTRA
AUG 3



HANSON
STRING THEORY
NATIONAL SYMPHONY ORCHESTRA
AUG 4



BRYAN ADAMS
AUG 5



ANGÉLIQUE KIDJO'S
REMAIN IN LIGHT
FEMI KUTI AND
THE POSITIVE FORCE
AUG 7



DISNEY'S BROADWAY HITS
FEATURING BROADWAY STARS
LIVE IN CONCERT
WITH WOLF TRAP ORCHESTRA
AUG 9

**LYLE LOVETT &
HIS LARGE BAND**
AUG 10

MARY CHAPIN CARPENTER
RHIANNON GIDDENS
WITH FRANCESCO TURRISI
AUG 11

ABBA THE CONCERT
AUG 12

GLADYS KNIGHT & THE O'JAYS
AUG 15

ALAN JACKSON
LEE ANN WOMACK
AUG 16

**TROMBONE SHORTY,
GALACTIC, PRESERVATION HALL,
AND MORE!**
AUG 17

THE REVIVALISTS
ZZ WARD
AUG 19

JEFF BECK
ANN WILSON OF HEART
AUG 20

**MICHAEL McDONALD
AND PETER CETERA**
AUG 22

DAWES
SHOVELS & ROPE
JOSEPH
AUG 23

**FRANKIE VALLI &
THE FOUR SEASONS**
AUG 24

BOLLYWOOD BOULEVARD
A JOURNEY THROUGH
HINDI CINEMA
AUG 26

KENNY G
THE TENORS
AUG 30

GAVIN DeGRAW
PHILLIP PHILLIPS
AUG 31

ZIGGY MARLEY
STEEL PULSE
TRIBAL SEEDS
SEP 1

5 SECONDS OF SUMMER
MEET YOU THERE TOUR
THE ACES
SEP 5

and many more!

WOLFTRAP.ORG



A Look Back at The Journal



PHOTOS BY THE JOURNAL STAFF





Army to Introduce New Fitness Test in 2020

By MC2 (SW) Kevin V. Cunningham
WRNMMC Command Communications

Last week, the Army announced a replacement for the current three-event Army Physical Fitness Test, which has been around since 1980.

The new standard, the Army Combat Fitness Test, will phase out the two-mile run, sit-ups and pushups requirements, and replace them with six events: a strength dead lift; standing power throw; hand release pushup; spring, drag and carry; leg tuck and two-mile run that must be completed in order and can take anywhere from 45 to 55 minutes for a Soldier to finish.

According to the Army’s Center of Initial Military Training (CIMT), the new vigorous fitness test is designed to better prepare Soldiers for combat tasks, reduce injuries and lead to ample cost savings across the service.

Officials said they will begin a year-long field testing in October with 60 battalions and by October 2020, all regular Army, Army National Guard and U.S. Army Reserve Soldiers will be required to take the test.

Standards for the new test will be determined from those field tests and will ultimately be based on job



Army Combat Fitness Test

The six-event ACFT tests all of the major muscle groups and provides an accurate, scientifically-validated assessment of a Soldier's readiness based on the tasks a Soldier may encounter in training or combat. The events are completed in order and Soldiers must complete all six events in 50 minutes or less.

Hand Release Push-ups: Soldiers start in the prone position, do a traditional push-up but when at the down position they release their hands and arms from contact with the ground before re-setting and pushing up. The number of successfully completed repetitions is counted over a 2-minute period.

Strength Deadlift: Soldiers lift the maximum weight possible, three times, under control, replicating a litter carry or the movement of ammunition and supplies. The event tests lower body muscular strength, coordination and balance.



Sprint-Drag-Carry: For this timed event, Soldiers will complete five laps for a total distance of 250 meters. During the five laps, Soldiers will perform sprints, drag a 90 pound sled and hand-carry two 40-pound kettlebell weights. The event tests a Soldier's movement skill under anaerobic conditions: sprinting, dragging, carrying, turning and moving sideways. It replicates moving a casualty to safety, moving supplies or moving under fire.



Leg Tuck: From a straight-arm hang, Soldiers must raise their legs up so that their knees or thighs touch their elbows. Soldiers are tested on the number of successfully completed repetitions. Soldiers will stop when they are unable to continue or they have reached the two minute time limit. This event replicates climbing up and over walls.



Standing Power Throw: Soldiers throw a 10-pound ball up and backwards over their heads for maximum distance. The throw replicates the movement required to assist a buddy over an obstacle or the power required to leap across a ditch. The event tests explosive power and coordination of legs, and arms.

2-Mile Run: The 2-mile run is conducted outside on a track or paved course. Soldiers run two miles as quickly as possible, replicating movement to contact over distance. At the completion of the 2-mile run, the Soldier's time is recorded, and the Army Combat Fitness Test is completed.

COURTESY PHOTO

requirements. They will be gender and age neutral.

Leaders at CIMT have stated the grading remains to be determined, but there will be a minimum baseline standard that aligns with the general physical fitness requirements of a Soldier to perform highly physical demanding common soldier tasks.

The test is the result of more than 20 years of Army research and studies of fitness and health within the service after the current test was criticized for failing to adequately measure readiness for modern combat. The Army Physical Fitness Test measured only muscular and aerobic endurance, officials said. The new test will measure strength and endurance, power, speed, agility, balance, flexibility, coordination and reaction time.

“Live Life Your Way”





Vinson Hall Retirement Community


Independent Living
Assisted Living
Nursing Care
Memory Support
Short-term Rehabilitation

Spacious and modern apartment homes, ranging in size from studios to 3 bedrooms, and the security of knowing assistance is there if and when you need it.


Call for a tour today!
(703) 536 - 4344

Vinson Hall Retirement Community
6251 Old Dominion Drive
McLean, VA 22101
703-536-4344
www.vinsonhall.org

U.S. MARINE CORPS DAY




JULY 31 • 7:05 PM




NEW YORK METS

VS.



WASHINGTON NATIONALS



YOUR PLACE to Be Honored

GET YOUR TICKETS AT nationals.com

WOODSON

From
Page 3

professional issues that have gotten us to this point that needs to be untangled.”

Woodson said many components within the current health care system are operating independently rather than interdependently. “Clearly something needs to be done to better align the stakeholders.”

He added that technology has the potential to connect medical professionals across the continuum of care. This technology includes artificial intelligence, virtual reality, synthetic biology, nanobiology, genomics, proteomics, cognitive computing, robotics and more.

Woodson stated that health care systems “must adapt or die. Industries are being consumed by fast-moving tech companies with innovations in their business DNA.

In an article published in the Harvard Business Review in March, Woodson stated, “In a landmark 2016 study Johns Hopkins researchers estimated that more than 250,000 Americans die each year from treatment-related mistakes, making medical error the third-leading cause of death in the United States. As a former military flight surgeon trained in aviation accident investigations, I know well the hazards of misusing or mistrusting instruments...Pilots who aren’t adept at working with computer interfaces and don’t trust algorithms to help fly the aircraft will not just perform poorly, they’ll crash on takeoff.

“By better teaching [medical] students and practitioners how to fly by instruments and to trust those instruments, we could both improve training and solve many of the problems that lead to those medical errors...,” Woodson added.

“As the authors of the Johns Hopkins study pointed out, medical errors aren’t due to inherently bad doctors

but often due to systemic problems, including poorly coordinated care, fragmented insurance networks, the absence or underuse of safety nets, and other protocols, in addition to unwarranted variation in physician practice patterns that lack accountability. AI and digitization hold out the promise of addressing those problems — pulling together fragmented networks, coordinating care, standardizing protocols

and practices, and providing the ultimate safety net in “fly by instruments” decision support,” he stated.

“Survival is not mandatory, extinction is a possibility,” Woodson said, explaining the importance for those in health care to adapt to meet the challenges within their profession while being innovators and leaders. “I think each of you are up to the challenge,” he concluded.



Stay informed about health and wellness events at Walter Reed Bethesda by visiting:

www.wrnmmc.health.mil
facebook.com/WRNMMC
twitter.com/WRBethesda



Walter Reed
National Military
Medical Center

Safe Summer Takes Planning

By Mark Oswell
WRNMMC Command Communications

Every summer many people hit the road in search of a new thrill, a bit of respite or even just a weekend escape.

Whether visiting a local amusement park, fishing or hiking, it is important to be aware of the necessary precautions to ensure a safe, enjoyable trip.

According to the Centers for Disease Control and Prevention’s (CDC), each year increased activity, and heat of the summer months is accompanied by an increase in injury risk. From dehydration to sporting injuries, the risks associated with the summer months should be addressed by taking safety precautions and remaining aware of the risks associated with certain activities.

Outdoor activities

Boating, hiking, camping and fishing are just a few of the numerous outdoor activities people participate in during the season. As participation in outdoor recreational activities continues to increase across the country, there are also more reports on tragic injuries and deaths from accidental drownings, lost hikers and lightning strikes, among others.

In 2017, the Coast Guard reported 4,291 accidents that involved 658 deaths, 2,903 injuries and approximately \$46 million dollars of damage to property as a result of recreational boating accidents.

Between 2011 through 2014, an estimated 8.6 million sports- and recreation-related injuries occurred annually, according to the CDC’s National Health Statistics Reports, produced in 2106.

Therefore, it is important to remember to take every precaution to reduce the risks associated with these activities. From stretching before playing sports to understanding lifejacket safety when boating, there

are important safety measures that must be taken when participating in any summertime recreation.

Additionally, the importance of staying cool and hydrated during the warm summer months cannot be overstated. High humidity and various personal factors can negatively impact the rate at which the body cools itself, according to the CDC. Because of this, the CDC encourages anyone that plans to be outdoors to “drink more water than usual, and don’t wait until you’re thirsty to drink.”

Critters

Service members and civilians are not alone when spending time outdoors in the summer; countless critters and insects make their return during the season. These creatures range from ticks and mosquitoes to snakes and rodents, and being prepared to encounter these critters is another factor of summertime safety.

Although many people do not expect to encounter poisonous snakes living in metropolitan areas, Northern Copperheads, Eastern Cottonmouths and Timber Rattlesnakes can be found in various places in the Mid-Atlantic region according to the Virginia Department of Game & Inland Fisheries and the Maryland Department of Natural Resources. Locally, they can be spotted in nearby Rock Creek Park and Great Falls National Park.

And while snakes, ticks and hornets can put a damper on summertime activities, mosquitos still remain the primary pest of summer. Mosquitos not only are their bites annoying, but they also may carry a variety of diseases including Dengue, Chikyngunya and Zika viruses.

Army Capt. Donny Skinner, chief of Walter Reed Bethesda’s Environmental Health Department, explained that the DC metro area, “has tested positive the last few years for West Nile Virus.”

Skinner provided some measures to prevent against mosquito bites, “Avoid mosquito hotspots,

Summer Survival Kit Items

1. Water – One gallon per person, per day
2. Flashlight
3. Non-perishable food
4. First Aid Kit
5. Battery-powered or hand-crank radio
6. Medications (Seven-day supply)
7. Sanitation & hygiene items
8. Cell phone with chargers
9. Extra cash
10. Emergency blankets
11. Map(s) of the area
12. Extra keys for your house and car
13. Multi-purpose tool
14. Family & emergency contact info
15. Tools & supplies for securing your home

places near standing water; use repellant; wear light colors and mosquitoes are prevalent during dust and dawn, so avoid being outside during these times.”

“If you are also using sunscreen, apply sunscreen first and insect repellent second,” explained Hospital Corpsman 1st Class Rodney Fils-Julien, non-commissioned officer-in-charge for Environmental Health Services at WRB’s Department of Public Health.

Planning Ahead

As a former Navy nurse and WRB’s Command Emergency manager, Chris Gillette understands the importance of planning ahead to avoid potential injuries or disasters. Water, sunscreen, sunglasses and a hat are just a few of the items that he takes along with him while working or relaxing outdoors. He also takes frequent breaks in the shade, ensures someone knows where he’s going and has an emergency contact plan.

In a personal first aid kit, Gillette recommends the inclusion of the following items: antibacterial soap, hydrogen peroxide, adhesive bandages (different sizes), medical wrapping, tape, scissors, tourniquet, antibiotic and burn ointment, instant ice and heat packs, peroxide, a few pairs of latex gloves and ibuprofen. Some of the listed items might not be found in a basic first aid kit. Therefore, Gillette recommends creating a personal preparedness kit that combines these items with those found in a basic first aid kit.

Planning ahead also applies to road trips and vehicle safety.

“When it comes to the summer road trip, ensure you vehicle is in good working order (wiper fluid too), turn the do-not-disturb on you cell phone on; or have your co-pilot assume the duties of navigator, DJ, text-master, and snapchat champion,” stated WRB’s Command Master Chief Sean Brown.

Brown also cautioned, “Not everyone in the DMV drives as well as you do, so please buckle up.”

According to the National Highway Traffic Safety Administration, seat belts have saved 330,507 lives between 1975 and 2014.

For more in-depth advice on staying prepared or specific instructions for any summertime activities—from grilling to boating safety—visit: www.ready.gov or www.redcross.org.

COHEN VETERANS NETWORK

HEROIC
HONORABLE
DEDICATED
DUTY
SERVICE
BRAVE
READY
SELFLESS
INTEGRITY
VALIANT

MISSION
PATRIOTIC
RESPECT
ALWAYS
COUNTRY
SEMPER
DEFEND
COMMITMENT
COURAGEOUS

Back to Better: Counseling for Veterans and Families

We provide counseling for veterans, their families, and the families of active duty service members, regardless of discharge status or ability to pay.

Our **Telehealth** services allow clients to access high-quality mental health services from the comfort of their own homes.

mfc.eseal.org
Or call: **240.847.7500**



The Steven A. Cohen
Military Family Clinic
at Easterseals
1420 Spring Street
Silver Spring, MD 20910
Serving the Greater
DC Metro Area

NSA Bethesda Took a Tour of the MD 355 Project



U.S. NAVY PHOTO BY MC3 JULIO MARTINEZ MARTINEZ

Naval Support Activity Bethesda's Commanding Officer, Capt. Marvin L. Jones, took a tour to see the current progress of the MD 355 project. This project is expected to be completed in May 2020 and is intended to improve the movement of the traveling public between the west and east sides of MD 355/ Rockville Pike at its intersection with South Wood Road and South Drive in Bethesda.

HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support (WWFS) is an independent nonprofit organization whose mission is to improve the quality of life for our combat wounded.

Earning Charity Navigator's highest four-star rating and listed among Consumer Reports "Top Rated Veteran Charities," WWFS serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534
wwfs.org



**WOUNDED
WARRIORS
FAMILY
SUPPORT**
WOUNDEDWARRIORSFAMILYSUPPORT.ORG

Local Restaurants

**Proudly Serving Our
NSA Bethesda Military Community**



Best Pizza Delivery in
Washington DC & Maryland



We Deliver to NSA Bethesda and We Welcome Your Business

FREE PIZZA

Buy X-Large Pizza with 3 Toppings, Get a Large Pizza with 1 Topping
Coupon Code: Free1TP • Expires 08/31/18

\$10 Minimum for pizza delivery to main gate

Sorry, No Checks Accepted • MasterCard/Visa/American Express Accepted
Please mention credit card and coupons before ordering.



8118 Woodmont Avenue • Bethesda, MD 20814 • 301-656-1450



To Advertise Please Call 443-963-6013

BECAUSE SERVICEMEMBERS DESERVE OPPORTUNITY.

You protect our freedoms, and for more than 70 years, University of Maryland University College has brought an in-demand education to the front lines. Earn a respected degree no matter where you serve and get the dedicated support you need from a military-trusted university. We are proud to provide servicemembers with undergraduate and graduate programs, global online and hybrid course options, and academic and career mentoring. At UMUC, opportunity has no boundaries.

Prospective students who attend our military webinar on June 25 and apply within 30 days after attending will be eligible to have the \$50 application fee waived.*

*The \$100 application fee for the Doctor of Management program cannot be waived.

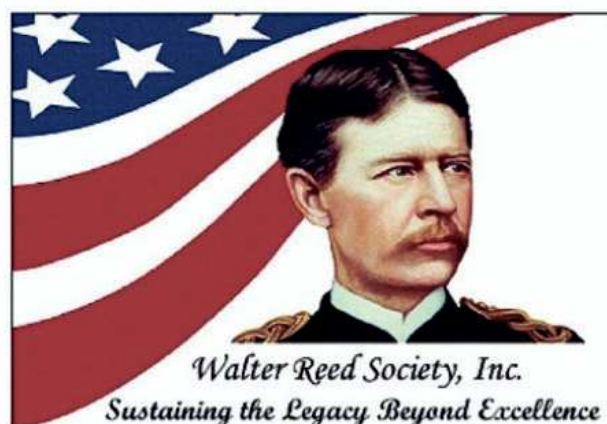
MADE FOR YOU
Call 301-654-1377
or visit UMUC.EDU/BASE

UNIVERSITY OF MARYLAND
University College
AT YOUR SERVICE SINCE 1947

© 2018 University of Maryland University College

Walter Reed Society

Assisting the Wounded, Ill, or Injured Service Members and their Families



The Walter Reed Society is an all-volunteer 501C-3 charitable organization. Its **mission** is to provide financial or direct assistance to service members being treated at Walter Reed National Military Medical Center and their families in response to their unmet needs during their care at Walter Reed.

In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society's inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

Membership in the Society is open to all - officers, enlisted, active duty, retired, Reserve, National Guard, civilians, patients, family members, volunteers, and friends of Walter Reed.

Join Us Helping Others

For membership application or donation information, please contact Debra Washington at walterreedsociety@verizon.net or call (301) 571-1580.

Visit our website: www.walterreedsociety.org

Combined Federal Campaign (CFC) number 38118

SOCIAL MEDIA

NSA BETHESDA

/mwrbethesda

@navymwrbethesda

@mwrbethesda

www.navymwrbethesda.com

DOWNLOAD OUR MOBILE APPS

Navy Life

NavyMWR NDW

NFAAS

Navy Fitness

MWR

CNIC

NSA Bethesda Morale Welfare & Recreation (MWR)

Liberty Center-Below Deck-Daily Grind-CDC I & II-Austin's Playroom-Tickets and Travel
Warrior Café and Catering-Bowling Center-Fitness Center

Hot Summer Specials all summer long at the Bowling Center!! NAVYMWRBETHESDA.COM

New snack bar at the Bowling Center: 11th Frame Bistro! Pizza, Wings, Salads, Hot Dogs

NDW Patriots Day at Kings Dominion-Sept. 9-Tickets at kingsdominion.com/save
Username and password: KDNDW (all caps)

Thurs	7/26	7:30 pm	Outdoor Movie at BELOW DECK, Bldg. 64 NGIS- "American Made"
Fri	7/27	11 am-2 pm	Warrior Café International Meal: Spain
Sun	7/29	10 am	Stand-Up Paddle Boarding (SUP) at Annapolis-Trip is Sold Out!
Sat	8/4	8 am-10 pm	Ocean City Trip \$20 for transportation Register by Aug. 2 at Tickets and Travel Office.
Sun	8/5	8 am-11 am	Beginner Group Trail Run 5k \$10 Register by Aug. 2 at Tickets and Travel Office.
Sun	8/12	10:30 am-7 pm	Chesapeake Bay Charter Fishing Trip \$115 Liberty patrons, \$125 All others Register by July 27 at Tickets and Travel Office.
Sat	8/18	7 am-10 pm	Water Country Trip- Williamsburg, VA \$20 for transportation only Register by Aug. 16 and get tickets at Tickets and Travel Office.
Sun	8/19	10 am-3 pm	Disc Golf Trip \$10 covers transportation and equipment Register by Aug. 16 at Tickets and Travel Office.

Classifieds

Call 301-645-0900

Apartment
Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.

EQUAL HOUSING OPPORTUNITY

Help Wanted
Full Time

SURVEYOR, LAND
Bay Engineering Inc.
has an opening for an
Instrument Person/
Jr. Crew Chief.

We utilize modern equipment, offer a competitive salary, opportunity for advancement & excellent benefits including tuition reimbursement.
Send your resume to
info@bayengineering.com

To place an ad
Call 301-645-0900
or visit us online at
classads@
chespub.com

BUY
SELL
RENT
HIRE

TRADE
SHOP
SWAP
FIND

SOUTHERN

MARYLAND CLASSIFIED

TO PLACE YOUR AD

CALL 1-301-645-0900

Call Us for Your Advertising Needs 301-921-2800

Lakeforest

RideOn **extRa**

Summit Ave.

Westland Dr.

Shady Grove Metro

Montgomery College

Rockville Metro

Edmonston Dr.

Halpine Rd.

Marinelli Rd.

Security Ln.

Tuckerman Ln.

**Less
Stop.
More
Go!**

Only 12 stops along Rt. 355

MC DOT
Montgomery County Department of Transportation

RideOnBus.com • 240-777-7433

Ride On
Montgomery County Transit

**Medical
Center**

